

Daily Word

A UNITY PUBLICATION

MAY 1960



Pray with Silent Unity

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ Mind you are unified in thought, purpose, and understanding, and inspired to right action for the good of all mankind.



PRAYER FOR ILLUMINATION: God is at work in my life, harmonizing my thoughts and guiding my way.



PRAYER FOR PROSPERITY: God's harmonizing power is working in my affairs. Order, success, and prosperity are mine.



PRAYER FOR HEALING: The healing, harmonizing power of God is at work in me, establishing health in mind and body.

DAILY WORD is nonsectarian. It is published monthly by UNITY SCHOOL OF CHRISTIANITY, LEE'S SUMMIT, MISSOURI. Single copies at 20c each, a year's subscription is \$2. Braille subscriptions are sent free to the blind who are familiar with Grade 1½.

Second-class postage paid at Lee's Summit, Missouri.

Unity School publishes the following periodicals: Unity, Progress, Weekly Unity, Good Business, Daily Word, Wee Wisdom, Unity Sunday-School Leaflet, and La Palabra Diaria, at \$2 a year each. No additional postage charge for subscriptions to foreign countries.

DAILY WORD

First issue, July, 1924

Edited under the inspiration of Silent Unity

Vol. 72

MAY, 1960

No. 5

In This Issue

The Secret Place— <i>E. V. Ingraham</i>	- - - - -	2
A Meditation	- - - - -	7
Dear Friends	- - - - -	9
Poems: Let Your Light Shine— <i>R. H. Grenville</i>	-	Center
The World in May— <i>James Dillet Freeman</i>	-	
	- - - - -	Back Cover

Cover—*Grant Heilman*

Center Photograph—*Bob Taylor*

DAILY LESSONS FOR MAY

- | | | |
|-----------------------------|---------------------------|---------------------------|
| 1. I Do My Best | 11. Breathing | 21. Light |
| 2. Patience | 12. Poise | 22. Encourage |
| 3. Give Others
Freedom | 13. Look for
Good | 23. Eyes |
| 4. Think and
Speak | 14. Blessing | 24. Faith |
| 5. Change | 15. Rest | 25. Happiness |
| 6. Body Temple | 16. Spiritual
Beings | 26. Give Self |
| 7. The Present | 17. Employment | 27. Freedom |
| 8. Mother's Day | 18. Love | 28. Weather |
| 9. Choices | 19. Healing | 29. Believe in
Life |
| 10. Express
Appreciation | 20. Render unto
Caesar | 30. Peace |
| | | 31. Questions
Answered |

The Secret Place

E. V. INGRAHAM

*"He that dwelleth in the secret place of the Most High
Shall abide under the shadow of the Almighty."*

THREE IS no more vital practice than that which centers around the silence. It is by a systematic practice of attentive contemplation of God that we reach an understanding of ourselves. It is in the silence that the light and love of God become a part of our personal experience. It is out of deep and quiet attentiveness that true instruction is obtained. "When he, the Spirit of truth, is come, he shall guide you into all the truth."

As we practice what we learn in contemplation, we develop character. The "secret place of the Most High" is both the beginning and the means of attaining the perfect way of life. In these modern times we have been pulled so far out into the world of sound and fast-moving forms that we have almost lost sight of the power that makes sound and form possible. We have become like a man trying to operate an automobile when he does not know how to put that automobile in gear.

and he does not know how to stop it.

Man learns most by being still. "In quietness and in confidence shall be your strength." Before anything can register in our consciousness we must pause in our mental processes to let the impression it makes be recorded. This procedure is true regarding all our senses. Before we know God we need to "taste and see that Jehovah is good." We need to be silent before Him, "that we might know the things that were freely given to us of God." To enter "the secret place of the Most High" we must "incline our hearts unto him." Then we know and feel the Spirit of God that moves within us, within every living form about us. Then we know that, "In him we live, and move, and have our being." God also lives and has being in us. To know this is to "abide under the shadow of the Almighty."

Very often our attempts at entering into "the secret place" are burdened with the idea of specific physical position, location, objects, and forms. The purpose of being silent is to become aware that we are "under the shadow of the Almighty" and filled with the Spirit of the "Most High." This Spirit is the life-giving Spirit. It moved to create the world and all that is in the world. It has kept the world in rhythmic operation since the beginning of time. It does all this with less noise

and effort than we require in breathing. Even our modern scientists think of creation in terms of rhythm, melody, and resonance. It is in the act of being silent before God that we sense the mighty movement which underlies the whole of creation, making it productive. "Be still, and know," is the way of life.

Electricity is a great force, and it is silent in its nature and action. Manufacturers of electrical equipment strive to keep the equipment silent. Noise indicates interference with efficient operation, waste of energy, and disintegration of machinery. This situation is prevalent in all types of power equipment. Modern industry is discovering that silence is not only golden but it is essential to the highest development of productive power. Great men in production have found this principle true in developing their own capacities.

To be still is to renew, refresh, and revitalize our mind. As we are still, we pull our mind away from the sights and sounds of the world and focus our attention on the Almighty, whose love and power are infinite to swing worlds and solar systems with the same ease we employ in raising a hand.

David found that "God is my strong fortress; and he guideth the perfect in his way." His achievements speak eloquently of the wisdom of

seeking the Lord. Why should we not seek the mighty Spirit that is "over all, and through all, and in all," the Spirit that moves heaven and earth? It will move us to mighty and satisfying achievement.

It is the power of the Most High that keeps us alive and moves within us to preserve its own creation. It is the height of foolishness to attempt self-motivation when we have His presence and power to guide and guard us. As the poet Tennyson tells us:

"Speak to Him, thou, for He hears, and Spirit with
Spirit can meet—

Closer is He than breathing, and nearer than
hands and feet."

We know how cumbersome and unmanageable machinery becomes when the power is shut off. From this we should learn that our struggle and effort are due to the fact that we have shut the power off.

Our very life becomes accelerated and rhythmic when we learn to become still, when we learn to keep silence before God and to let His power motivate us. This is not just a pleasant promise, this is an inspiring truth.

Why should we be timid about keeping the silence? To be still is to be in the presence of God, face to face with absolute power and wis-

dom. To open ourselves to the outpouring of His Spirit is to open the way to become a new creature. This must have been what Paul referred to when he said: "Be ye transformed by the renewing of your mind." We have assumed that Paul meant to convey the idea that the flesh of man is transformed by a simple change of the mind from one set of ideas to another set of ideas. The renewal of the mind is a matter of keying our mentality to a constant discovery of the creative system that moves within our own nature and in everything around us.

In the silence we renew the mind. In the silence we learn to look back of everything to the Spirit of the universal that produced all things in the first place. In the silence we search for an understanding of all things, as scientists constantly probe for the foundation structure of the visible creation. They are constantly pushing ahead into new fields of discovery. The spiritual scientist is similarly pushing ahead into more intimate discoveries and realizations of the working of the Spirit that gives wisdom and power to those who find it. It is this thrill of discovery that renews the mind and transforms the body.

Silence is the gateway, leading to "the secret place of the Most High." Silence leads to power. Silence leads to progress.

A Meditation

What is Christ?

The Spirit of Christ is every man's spirit who thinks the thoughts, speaks the words, does the work of Christ.

The Mind of Christ is a thinker's mind, alight with insights into Truth, receptive to new thoughts, imaginative yet orderly.

The face of Christ is a friend's face, as cheerful and encouraging as a lighted window on a lonely road at night.

The eyes of Christ are an artist's eyes, seeing through the appearance of things to reality and helping us to see it too.

The ears of Christ are a counselor's ears, listening to the facts but hearing the Truth.

The mouth of Christ is a teacher's mouth, speaking truths to inspire students to see the truth for themselves.

The heart of Christ is a lover's heart, giving itself away in acts of selflessness and joyous service.

The body of Christ is a worker's body, bearing the burdens and doing the work of the world.

The feet of Christ are a child's feet, carrying the human race forward into new experiences.

The arms of Christ are any arms that lift a load

or offer their strength to those who are in need of help.

The hands of Christ are your hands when they do an act of service or kindness for a fellow human being.

What is Christ?

Christ is God in man.

Christ is man in God.

THERE IS A LIGHT THAT SHINES FOR YOU

You need never feel alone—not even on the darkest night. Silent Unity is no farther from you than a prayer's length.

In a room of a building in Unity Village where a light is shining from a window someone is praying, someone with a spirit kindred to your own, someone whose thoughts reach out to you in faith, someone whose heart reaches out to you in love. The light in this window shines for you.

You can reach Silent Unity by telegraph, Unity, WUX, Kansas City, Missouri, by telephone, Baltimore 1-4720, Kansas City, Missouri, or by letter to Silent Unity, Lee's Summit, Missouri.

Silent Unity is as the Christ light lit in the window of the world. If you are a traveler on the road of prayer, this light shines for you.



In July, 1924, a new member was added to the family of Unity publications. As a part of the foreword in the first issue of DAILY WORD, the editor wrote: "Let each reader consider that this magazine and its message are dedicated to him." This is still the prayer of its editors. DAILY WORD is edited under the inspiration of Silent Unity. May each issue with its message come to your home, hands, and heart with inspiration for your day. The following excerpts from letters to DAILY WORD give us real cause for rejoicing.

From Connecticut:

I was an alcoholic. I have had about every disease you can think of since childhood.

I had an ulcer, and in time was able to handle that with proper diet. Later, I developed peptic ulcer and was operated on. But before the operation I was in so much pain, medicine could not help, but alcohol did. I would take a drink and

then the pain would stop for a few hours, then I would take another drink, until it became a habit.

I became a problem, not only to myself, but to my family and friends. I did things no sane person, if sober, would do. I was not eating, just drinking, until my body was saturated with alcohol.

I was sent to three or four private institutions, but somehow I did not find my help. One day I met the sister of my former secretary, and she gave me a copy of DAILY WORD. She told me to read this every day, and if I put my faith in the ideas they would help me as they had helped her.

Before I had time to give her suggestion a real try, I got so bad I was sent to the state hospital and the doctors attending me told my wife it was the end, that I would never come home alive. For two weeks I was between life and death. Then one day I snapped out of it. I wanted to live.

Just before I was sent to the hospital I had begun to read your DAILY WORD and I had picked out messages that I thought would help me, and read them over and over. After two weeks in the hospital, I started to read again, and went back to these passages and kept reading them.

In the hospital I met a friend who was one of the officials. He had known me and he had known my family. He helped me also, for he made me

think. He said to me when I went before him: "Isn't this unusual for a fellow like you to be in a place like this?"

I went back to my room, looked out the window with bars on it and I asked myself: "Why am I here?" Then I picked up my DAILY WORD again and began reading those marked passages that I felt were especially written for me.

I came home in less than thirty days because I was so much better. Now I am just fine, and very thankful for your booklet and the miracle the good Lord gave to me.

I am back at my office and have a new lease on life. I am quite sure the passages I have read saved my life. When you are given another chance to live at sixty-four it is a miracle!

From California:

I had had several vacancies in the apartment house I manage. I blessed each apartment daily, for we have a nice place and I wanted to attract nice people for tenants. Now, though there are vacancies around us, our house is full and with the kind of people you would like to know.

I saw one of the ladies with a copy of DAILY WORD on the table. It is the best conversation piece imaginable! When you see DAILY WORD, immediately you know you have found a friend.

I DO MY BEST, AND GOD DOES THE REST.

I REALIZE how important it is that I do my best in anything I set out to do. But I realize also that where my capacities may seem to come to an end, God takes over, and with Him "all things are possible." He gives me wisdom beyond my conscious learning, He gives me strength beyond my physical endurance, He gives me courage beyond my ordinary level. However, it is necessary that I do my part, that I work to improve my mind, that I use my abilities, mental, physical, and spiritual, to the utmost of my capacity. For in so doing I make myself a ready and willing channel for God to work through.

Everything that I begin I will do with my whole heart. In giving more to everything that I undertake, I will gain more in the way of good results, in success, in prosperity, and in a feeling of well-being. But I will remember that God is with me, that He gives me the power to will and to do, and I will trust Him to bless me beyond my efforts.

In this faith I do my best, and God does the rest.

♦ *I planted, Apollos watered; but God gave the increase.—I COR. 3:6.*

Monday

I AM PATIENT.

TODAY I go about my usual tasks with a patient, loving attitude. Whatever I have to do, I do in a relaxed, joyful manner. When I begin to feel rushed, impatient, or irritated, I remind myself: "I am patient." I take time to feel patient, composed, poised, and confident.

If I have an important decision to make, I ask for guidance and patiently wait for the answer. If I am waiting for another's decision, I do not get anxious or upset. I calmly wait for the out-working of good. If a decision has been made that affects me, I patiently and lovingly adjust to changes and conditions.

I know that being patient does not mean that I am to do nothing. I do what is at hand to do, knowing that the Father is doing His perfect work in and through me. Because I am patient and loving, I find it easy to give the extra smile and the encouraging word to someone in need of upliftment.

My patience rewards me with peace of mind, a cheerful attitude, and the good my heart desires.

♦ *In an honest and good heart . . . bring forth fruit with patience.—LUKE 8:15.*

I GIVE MY LOVED ONES FREEDOM TO FOLLOW THEIR OWN INNER GUIDANCE.

IGIVE my loved ones freedom to follow the guidance of their indwelling Father. Even though they may be traveling a road that seems wrong to me, even though I think I can see a better way, I do not impose my will on them. I do not condemn. I refrain from judging from the human viewpoint. I pray for my loved ones and bless them with wisdom and understanding. I know that the Father will guide them.

I recognize that my loved ones are the Father's beloved children. I lovingly care for those He has placed in my care, but I do not try to bend them to my will. I do not try to hold them with a possessive love. I free them so that they may find their own beautiful expression of the Father within.

I expect others to give me freedom to respond to my inner light. Because my freedom means so much to me, I know that freedom is important to every person. Each one needs to be free so that he may express more of the Father in his life.

I release my loved ones lovingly into the hands of the Father. He guides them to their good.

♦ *Loose him, and let him go.—JOHN 11:44.*

Wednesday

TODAY I THINK AND SPEAK POSITIVELY AND CONSTRUCTIVELY!

ALL THROUGH this day I will watch my thoughts and words and keep them positive and constructive. I will not let old, negative lines of thought take over. I will not agree, verbally or mentally, with destructive gossip, criticism, or fault-finding. I will not spend my time rehearsing my troubles. I will remember that God has given me the power to live, to grow, to create, to express His own Spirit. I will use my strength, my energy, my intelligence on the positive side.

Today I will keep before me the life-giving idea that I am one with God. I will think God's thoughts after Him, and speak God's words after Him. I will remember that through the use of my mind I create the kind of world I live in. I want to live in a good world, a God-filled world, so I keep myself attuned to the good, attuned to God.

*Quicken thou me according to thy word.
I declared my ways, and thou answeredst me . . .
Make me to understand the way of thy precepts:
So shall I meditate on thy wondrous works.*

—PSALMS 119:25, 26, 27.

THE LIGHT OF TRUTH REVEALS TO ME AN OPEN DOOR TO HAPPINESS.

IF I DESIRE to make a change in my way of life or in my employment and I do not see how I can make such a change, I remember: "A door was opened unto me of the Lord."

If I am in a room that is dark, a room that I wish to leave, I seek the light so that I may illumine the room and find my way to a door. So, when my way of life is dark, I seek the light of Truth. I ask God to illumine me that I may see the door that He graciously opens for me when it is in order for me to make changes.

It is possible that, in the light of Truth, I will find that my present way of life, my present employment holds much of joy and contentment that I had not discovered before. But if, when the light of Truth is shed on my affairs, I still feel the need to make changes, I will easily and quickly see the door that is "opened unto me of the Lord." My faith in such a door, my awareness that it is opened for me establishes me in a happy, relaxed state of mind.

♦ *A door was opened unto me of the Lord.—II COR. 2:12 (A.V.).*

MY BODY IS GOD'S HOLY TEMPLE.

HEALTH is the natural, normal state of my being. God created me in His image and likeness; my body is His holy temple. It is exquisitely adapted to perform its functions in order and harmony.

If I have failed to express my natural, normal heritage of perfection, if I have let thoughts of doubt, fear, and disease dominate my thinking, I now deny all belief in bondage and I affirm my faith in the life of God.

I consider what it means when I declare: "My body is God's holy temple." As this Truth takes hold in my mind and heart, I feel an increased flow of life through every part of my body. Each organ is as a room in God's holy temple, a room filled with light. I give thanks that each room is even now fulfilling its purpose, making my body, God's holy temple, a perfect abiding place for His Spirit. I have faith that my body is God's holy temple; I feel a quickening in every organ; I sense harmony in every function; my mind is established in peace, and I express perfection.

♦ *The temple of God is holy, and such are ye.—I COR. 3:17.*

Saturday

MAY 7

I DO NOT LIVE IN THE PAST. WITH MY HAND IN GOD'S I ENTER A LIFE FILLED WITH NEW INTERESTS AND JOY.

I DO NOT hold on to the memory of experiences that have served their purpose in my life. I let go of the old and make room for the new. I turn the hours that might be filled with reliving the past, with longing, with self-pity, into hours of constructive thought and productive activity. I give thanks for the opportunity to develop neglected talents and abilities.

I give thanks for past friends and for past happiness. But I do not live in the past. I make new friends. I do the things that make me a friend. I give a warm, cheerful smile to the people that I meet. I speak an encouraging word to those who are discouraged. I do thoughtful things whenever and wherever I am able. I help others who are lonely to find new joy in God's beautiful world.

I walk with my hand in God's hand. In this oneness I find life new and inviting and I have the faith and courage to live it fully.

♦ *Old things are passed away; behold, they are become new.—II COR. 5:17.*

Sunday

I RECONSECRATE AND REDEDICATE MYSELF
TO EXPRESSING THE GOODNESS OF GOD.

To HONOR all mothers and all those who—
though never having given birth to children
—have mothered boys and girls, men and
women, let us reconsecrate and rededicate our-
selves to their ideal for us:

Here is my mind, Lord, light it with Thy wis-
dom. Quicken it with Thy perception. Broaden it
with Thy tolerance. Free it with Thy faith.

Here is my body, Lord, bless it with Thy life.
Strengthen it with Thy power. Cleanse it with
Thy purity. Perfect it with Thy grace.

Here is my spirit, Lord, lift it with Thy love.
Refine it with Thy truth. Blend it with Thine own
Spirit, the Christ, in all other men.

Here am I, Lord, mind, body, spirit, Thine ex-
pression. I would be all that I am meant to be.
I would do all that I am meant to do. I give
thanks, Lord, for Thy blessed provision that has
peopled my world with those who care for me and
those for whom I can care. I give thanks for the
love we share. I reconsecrate and rededicate my-
self to expressing good.

* *We love, because he first loved us.—I JOHN 4:19.*

Monday

MAY 9

GOD INSPIRES ME, AND PRAYER PREPARES ME
TO MAKE WISE CHOICES.

EACH DAY we have to make many choices. How do we prepare ourself to always make the right choice? We prepare ourself through prayer. We pray not to a far-off God, a God with whom we need to plead and to beg, a God who desires us to suffer and fail. We pray to a God of love, a God in whom we "live, move, and have our being." As we pray we are quickened with a faith that man is meant for good; he is meant to be strong and well, happy and harmonious, prosperous and successful.

When we start our day with such a prayer, each choice we make is a right choice. In little, everyday matters and in large, important matters we choose wisely. We are never in doubt as to the way of wisdom and happiness. We are never torn by the necessity of making decisions. Every choice we make is God inspired and God approved. We realize that our good comes to us not at the sacrifice of another person's good, but with the assurance of fulfillment for every person concerned.

* *I will meditate on thy precepts.—PSALMS 119:15.*

Y 9

MAY 10

Tuesday

I EXPRESS MY APPRECIATION TO GOD FOR THE BLESSINGS AND LESSONS LIFE BRINGS TO ME.

I EXPRESS appreciation to God for His wonderful watchfulness over me. How blessed I am to be the beloved child of such a loving Father. He is with me wherever I go and He bountifully provides for my every need.

I am blessed with the good things of life. He has given me and all His children the heavens and earth. I rejoice in the orderly changing of the seasons. I rejoice in the passing of day into night and night into day.

I express appreciation for the beautiful things there are to see and hear, and for eyes to see and ears to hear. I am grateful, too, for an inner seeing and hearing that give promise of even greater realizations of God's goodness and love.

I express appreciation for my friends, my loved ones, and all persons who grace my days. I am grateful for every experience in life that draws me close to God and teaches me to rely more and more on Him.

♦ *Thanks be to God for his unspeakable gift.—II COR. 9:15.*

Wednesday

MAY 11

I BREATHE THE BREATH OF LIFE AND I AM WHOLE AND WELL.

THE GIFT of breath that we receive at birth is a priceless gift. It keeps our body refreshed and renewed so that each part may perform its function smoothly. Our breath plays a vital part in keeping us whole and well.

The air that we take into our lungs many times each day is the very life of God. Yet the only time we give conscious thought to it is when for some reason we are unable to take in a full, deep breath of life-giving air.

Today let us remember to give thanks for clean, fresh air to breathe. Let us bless our body with the thought that every breath we take renews and revitalizes us; it sustains and energizes us.

Let us hold our head erect, maintain perfect posture, and breathe deeply so that the lungs may make full use of this wonderful stimulating breath of life. Let us say to ourself often: "I breathe the breath of life and I am whole and well."

*For my life is yet whole in me,
And the spirit of God is in my nostrils.*

—JOB 27:3.

MAY 12

Thursday

I AM PERFECTLY POISED AT ALL TIMES,
BECAUSE I AM GOD-CENTERED THROUGH
PRAYER.

THERE IS an inner poise that we can achieve and keep even when things in the outer seem to be in a turmoil. This inner poise is increased every time we quiet our thoughts, quiet our body, quiet our emotions, and turn to God in silent prayer.

There is great power to be found in stillness; there is great peace to be experienced through prayer; there are reservoirs of power and strength within us that we plumb when we turn again and again to God, our source.

When we are God-centered through prayer, we move through the hours of the day with poise, with peace, with assurance, with a heart that is understanding, with a mind that is wise, with a body that is renewed and blessed with health.

Let us take time to be still, to turn our thoughts to God, to open ourselves to His peace and power and love.

*Blessed are they that dwell in thy house:
They will be still praising thee.*

—PSALMS 84:4.

Let Your Light

R. H. GRENVILLE

Greetings, child of Light!
There is no star more bright,
No fiery flame or sun
More splendid than the One
Who dwells within thy heart,
Whose well-beloved thou art.
Then tarry not, nor dwell
Under a shadowy spell
Of dull, deceptive sense.
Let the magnificence
Of your Light shine, and see
The hampering darkness flee.
Let your Light shine as love;
As strong assurance of
God's goodness everywhere.
Lift up your heart and bear
The Light to all in need,
By thought, and word, and deed.



ightnine



I LOOK FOR AND FIND THE GOOD IN EVERY-
ONE AND IN EVERYTHING.

THERE IS good to be found everywhere, in everyone, and in everything. When we look for the good, life becomes more interesting and vital to us. Things that may have looked negative and dull take on new meaning. Persons whom we may have found difficult reveal a new side.

What we look for we find. We can make looking for the good a game we play in our daily living. Situations are continually arising that seem to deny the presence of good. Here is where we can say to ourselves, "I will find the good, for I know that it is here."

Looking for the good is like fitting pieces of a puzzle together. The whole picture changes, takes shape and form, as we find the right piece, and see it as it really is. So, in looking at life, in its sometimes puzzling aspects, we need to find the right piece, too. The right piece is the right attitude, that of looking for the good. When we look for the good we see clearly that indeed good is in all, for God is in all.

* *And God saw everything that he had made, and, behold, it was very good.--GEN. 1:31.*

MAY 14

Saturday

WE BLESS THIS DAY AND ALL THAT LIES BEFORE US.

EVERYTHING we do, whether we like the task or not, can bring us joy and give joy to other persons if we will begin it with a blessing. A young couple used the blessing idea one day as they did their household tasks and garden work. When they arose they said: "We bless this day and all that lies before us." Dish-washing time became a prayer time. Ironing became a time of smoothing out wrinkled thoughts and establishing harmony and peace of mind and heart. Tending the garden brought a feeling of close communion with God and His goodness. Weeding was an opportunity to deny negation and to make way for the good and beautiful things wanted in life.

The day, begun with a thought of blessing, brought joy and enthusiasm, with happy hours to remember. When evening came the couple realized that the blessings they had received far outnumbered the blessings they had given.

We can use this idea of blessing to transform our life no matter what we do.

* *I will bless thee.—HEB. 6:14.*

I FIND PERFECT REST IN GOD.

WHEN ENTERING upon a new day, we are often inspired to give thanks for the blessings God has in store for us. This is good. But should we not also be thankful for refreshing sleep? A good night's rest is a blessing that calls for recognition and acknowledgment.

Scripture gives us this helpful promise concerning sleep: "Thou shalt lie down, and thy sleep shall be sweet." We experience the fulfillment of this promise as we let go all tension, worry, or anxiety, and quietly affirm: "I find perfect rest in God." Sleeplessness is overcome as we release all our cares into God's keeping. Even if pain or worry seeks to prod us into wakefulness, the recognition of God's presence brings healing and peace.

Through sleep we become relaxed and renewed, so that we may joyously enter into the duties, opportunities, and blessings which await us. Through sleep we are refreshed and strengthened to better serve God and our fellow men.

♦ *Thou shalt lie down, and thy sleep shall be sweet.*
—PROV. 3:24.

Monday

I AM POISED, POWERFUL, FREE SPIRIT. I AM MIGHTY TO ACCOMPLISH GOOD.

IF WE ARE emotionally disturbed, if we let people and circumstances upset us, if we believe ourselves to be bound to conditions that are unpleasant, let us remember that we are poised, powerful, free Spirit. We are children of God.

Going back, as it were, to our beginning, we find that as children of God we are spiritual by nature. In our spiritual nature we have poise and peace, for we are centered in God. In our spiritual nature we have power, for we are a part of God's power. In our spiritual nature we are free because Spirit cannot be bound.

Because these things are true of us, we are emotionally stable. We behold the good in all people and in all circumstances. We know ourselves to be free and we know all conditions to be under the wise and loving supervision of God. This knowledge gives us the power to press forward to accomplish all that we need to accomplish. We are mighty to spring forth to do good.

♦ *If we live by the Spirit, by the Spirit let us also walk.*
—GAL. 5:25.

Tuesday

MAY 17

I AM UNDER GOD'S DIRECTION. I AM IN MY
RIGHT PLACE DOING MY RIGHT WORK.

IT IS rewarding to know that we are in our right place. When we are employed in a service that contributes to the welfare of mankind and affords us opportunities to express our talents and abilities, we know we are in our right place.

If the work we do supplies us with opportunities to serve others and express ourselves, it is easy for us to use the prayer for today with faith and rejoicing. If the work we do is not supplying us with these things, we will want to use this prayer to help us to find the place that will give us these rewards. If we are not working and we desire employment, the prayer will help us be divinely directed to our right place.

Everyone needs to feel that he is giving and serving. And the wonderful thing is that there is room for every person's talents. But we have to recognize that we do have talents, we have to be willing to use them, and we have to let God direct us to our right place where we can give our best efforts.

♦ *Ye shall come unto . . . a place where there is no want of anything.*—JUDG. 18:10.

Wednesday

I AM CENTERED IN GOD'S LOVE AND I EXPRESS GOD'S LOVE IN MY THOUGHTS, WORDS, AND ACTIONS.

EACH PERSON who reads DAILY WORD is a part of the wonderful circle of God's love. We cannot all be together in one place, but we are unified in God's love. We willingly serve God and help to establish His kingdom on earth. We work and pray in an atmosphere of divine love. We feel God's love and we express God's love to those around us.

Because we are centered in God's love, we have understanding and compassion in our heart for other persons. We are able to see them filled with the love of God. Our thoughts, feelings, and words are motivated by love, and we inspire others to know God.

Love inspires us to be willing channels for God to express in and through. We serve Him in our own particular way knowing He will guide us to our good. We understand God's love to be fulfillment of our needs and the needs of others.

Our life is rooted and grounded in God's love.

♦ *Being rooted and grounded in love . . . be strong.*
—EPH. 3:17.

THE SPIRIT OF LIFE AT THE HEART OF EVERY CELL SPRINGS FORTH TO DO A HEALING WORK.

IT IS the Spirit that giveth life." Let us remember this when we are in need of healing. Rather than give power to the physical appearance, let us remember that God is the source of healing, and that His Spirit does the work.

When there is disease or ill health it may seem that the body takes precedence over the Spirit, that we are at the mercy of the physical. But this is never true. Always the Spirit in us is the life-giver, and always the Spirit in us is perfect, whole, and entire, untouched by appearances, undiminished by conditions.

The Spirit of life at the heart of every cell springs forth to do a healing work. So, in our prayers and our thoughts, let us hold to the idea that God is life and His Spirit is in us. Let us hold to our belief in the spiritualizing process that is taking place in our body, renewing every part.

♦ *It is the spirit that giveth life; the flesh profiteth nothing: the words that I have spoken unto you are spirit, and are life.—JOHN 6:63.*

WITH ABSOLUTE TRUST IN GOD, I "RENDER UNTO CÆSAR THE THINGS THAT ARE CÆSAR'S."

WE ALL like to spend as much time and effort as we can in keeping close to God. But sooner or later we realize that we must also "render therefore unto Cæsar the things that are Cæsar's." We must give attention to the constant demands of present day living.

The taxes we pay, the laws we obey, the irregular conditions in the world, all these are "things that are Cæsar's." Jesus taught us to accept our responsibilities and to do what was required. We can meet life, and all that it demands of us, by calmly putting our trust in God, whose guiding presence is within us and all around us.

As we calmly trust God, we no longer become discouraged by the demands on our time. We cease to resent and resist challenges and distractions. We are able to see that challenges and distractions are neither enemies nor obstacles, but are wonderful opportunities to put into practice the Truth we have been learning.

* *Agree with thine adversary quickly.—MATT. 5:25.*

Saturday

MAY 21

GOD IS THE LIGHT OF MY LIFE. HE ILLUMINES
MY PATH, AND MAKES MY WAY BRIGHT AND
JOYOUS.

DO YOU need more light in your life? Or are there times when you find yourself wishing that your way was brighter and happier? If so, look to God. Scripture says: "They looked unto him, and were lightened." You also will find in God the light you need. No matter how dark or dreary your environment, looking to God brings forth the light, and your way becomes bright and joyous.

Look to God! Look away from negative thoughts, things, or conditions that tend to make your life dark and dreary. Boldly declare that they have no power to disturb or depress you. Direct your thoughts to God by thinking of Him in terms of light. Steadfastly affirm: "God is the light of my life. He illuminates my path, and makes my way bright and joyous." Also use this affirmative prayer for others who may be passing through dark or difficult experiences. Your prayer will lift them, even as it lifts you, into the light.

♦ *They looked unto him, and were lightened.—PSALMS 34:5 (A.V.).*

MAY 22

Sunday

I GLADLY ENCOURAGE OTHERS BY MY SPOKEN WORD OF PRAISE AND MY UNSPOKEN SPIRIT OF LOVE AND UNDERSTANDING.

Possibly the thing that most persons need more than anything else is encouragement. Most of us have impulses toward greatness; we sometimes timidly seek to express something beyond our past expression and we are helped immeasurably by the encouragement of others. Sometimes this encouragement need not be given in words, but it is the encouragement that is given by someone who stands by in silent approval, who makes us feel that we are capable and worthy and beloved.

All of us are more of an influence in the lives of others than we realize. We are constantly having an impact on the way others around us feel and act. All of us want to be a blessing; we want to add to the goodness and the worth of others. Even when we do not understand what another person is trying to accomplish, we can bless him and we can give him the silent encouragement of our prayers and our faith in him as a child of God.

* *Thou shalt love thy neighbor as thyself.*—MATT. 22:39.

Monday

MAY 23

AS I LIFT UP MY EYES THEY ARE RENEWED AND STRENGTHENED, AND I SEE PERFECTLY.

SCRIPTURE often directs us to lift up our eyes. This indicates a very important and helpful activity. We should take time every day to lift up our eyes. Especially should this be done if there is any appearance of weakness or imperfection. As we lift up our eyes they are renewed and strengthened, and we see perfectly.

We lift up our eyes by thinking of them as spiritually perfect. No matter what appearances indicate, God made our eyes perfect, and we should hold to the truth of their perfection. We lift up our eyes by using them to see only the good in all persons and things around us. Looking for faults depresses our eyes, but beholding the good lifts them up. We lift up our eyes by recognizing them as God's precious gift to us, and by blessing and praising them for their wonderful work.

Lifting up our eyes in such ways makes for better and brighter vision. Our eyes are lifted up from weakness to strength, from dimness to light, and from imperfection to perfect sight.

♦ *Behold, I say unto you, Lift up your eyes.—JOHN 4:35.*

Tuesday

LORD, INCREASE MY FAITH.

HERE IS one sure way we can increase our faith. We can place our hand in the hand of God and take the first step toward our desired good. Just as Peter stepped out into the deep and walked on the water, so we find a power to sustain us the moment we dare to take the initial step.

If you need health, begin now to affirm God's strength as your own. Begin now to think of yourself as a whole and perfect child of God. The effort you make, and keep making, will be a step toward the healing you desire.

If you need greater supply, begin now to affirm God's substance as your own. Begin now to use trustingly and wisely what you have. Right use of your substance will increase your happiness as well as your faith. This is your first step toward plenty.

If you desire greater accomplishment in a particular field of endeavor, begin now to make some effort to bring about success. Step out on your faith. Your way will be made clear as you journey toward your goal.

* *Put out into the deep.—LUKE 5:4.*

Wednesday

MAY 25

MY LIFE SPARKLES WITH SPIRIT.

WHEN I know the power of God, when I think and act and proceed on the premise that God is with me, I not only accomplish good things, but I find that life takes on luster and brightness, that it fairly sparkles with Spirit.

Life is meant to be exhilarating, exciting, an adventure every day. I am meant to be joyous, enthusiastic, bright, and happy. I do not let myself get heavy in thought; I do not let myself take myself or life so seriously that I forget to smile, to enjoy the present moment.

In my prayers I do not plead with God; rather I meet Him with a joyous heart. Like the Psalmist of old I dance before Him in joy and thanksgiving. I make a joyful noise unto the Lord. I lift up my heart to God and bask in His brightness and glory.

*Make a joyful noise unto Jehovah, all the earth:
Break forth and sing for joy, yea, sing praises. . . .
Let the sea roar, and the fulness thereof;
The world, and they that dwell therein . . .
Let the hills sing for joy together.*

—PSALMS 98:4, 7, 8.

Thursday

I AM DIVINELY GUIDED IN THE USE OF MY TALENTS, MY TIME, MY MONEY.

THERE IS that scattereth, and increaseth yet more;

And there is that withholdeth more than is meet, but *it tendeth* only to want."

We feel pinched and impoverished when we withhold the giving of ourselves. The more we hoard our talents, our time, our money, the less we seem to have. The law of life is the law of giving, of putting into circulation the good that God has given us, so that the circle of good may be completed. We receive from God; we give of the good we receive. As we give, we receive more and more so that our life is never bereft of good. Our abilities increase and our talents unfold instead of decreasing.

Think about your life, about your talents, about the way you use your time and money. Open yourself to light and guidance, to new ways to give and to grow, to enlarge your capacity both for giving and receiving.

♦ *Give, and it shall be given unto you; good measure, pressed down, shaken together, running over.—LUKE 6:38.*

I AM ESTABLISHED IN A NEW AWARENESS OF FREEDOM.

I AM established in a new awareness of freedom because I turn every detail of my life over to my indwelling Christ, who is perfect freedom.

I am free to express perfect health. All healing needs are in the care of my indwelling Christ, and He brings forth wholeness and perfection.

I am free of all unwanted habits. To the Christ within me I release all thoughts of weakness or the inability to accomplish my good purposes. He gives me sufficient strength to attain complete and perfect freedom as I go forward step by step.

I am free to possess peace of mind. Thoughts of worry, fear, resentment, or insecurity vanish before the light of the Christ presence within me. He adjusts all circumstances of my life, guides my way, and fills me with confidence.

I am free to do God's will. My will is merged with His will through communion with my indwelling Christ, and I am established in a new awareness of freedom.

* *If therefore the Son shall make you free, ye shall be free indeed.—JOHN 8:36.*

MAY 28

Saturday

THROUGH THE REGULATING SPIRIT OF GOD
WITHIN ME I ADJUST EASILY TO WEATHER
CONDITIONS.

WHATEVER the weather I do not resist it or complain about it. Instead of rehearsing over and over in my mind the particular aspects of the climate or temperature I do not like, I follow the admonition to "agree with thine adversary quickly." I begin now to look for something beautiful in the present weather conditions, something I do like.

Right where I am, God is. His regulating spirit within me helps me to be comfortable and at peace in my present environment. If I am traveling, I remember that God's protecting presence infolds me. On land, at sea, or in the air, I am calm and poised. I adjust easily and quickly to all types of weather. Any change of plans because of weather conditions brings thoughts of adventure and new and exciting experiences, instead of doubts and a feeling of frustration.

God's spirit within me makes it possible for me to appreciate the sun and rain, wind and calm.

♦ *And he changeth the times and the seasons.*—DAN.
2:21.

Sunday

MAY 29

I BELIEVE IN LIFE, HEALTH, STRENGTH, AND JOY, FOR I BELIEVE IN GOD.

FATHER-GOD, Lord of my being, my heart is lifted up to You in prayer and praise. I rejoice in Your marvelous life that fills me through and through. I feel the endless flow of Your strength in and through my body. I live in You; I live freely and healthily; I live remarkably; I live triumphantly. In Your life I am alive, with an aliveness that is positive and powerful.

Father-God, Lord of my being, Lord of my world, I rejoice and give thanks for the love that sustains me and all creation. I look at my world, the world that You have created, and I see it as You have created it, very good. I bless my world by seeing it as Your world. I bless my life and affairs by seeing Your love and Your wisdom at work in me and in and through all things, all persons, all conditions.

Father-God, creator of heaven and earth, Lord of my being, I rejoice that I am one with You; I rejoice that I live in You.

♦ *Bless the Lord, O my soul; and all that is within me bless his holy name.—PSALMS 103:1 (A.V.).*

MAY 30

Monday

IN THE NAME OF JESUS CHRIST I AFFIRM THE
PEACE THAT PASSES UNDERSTANDING.

JESUS SAID, "Peace I leave with you; my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be fearful." "Lo, I am with you always."

In time of bereavement the world may try to give us peace through offering sympathy and condolence. But this does not satisfy our soul nor answer our questioning heart. True peace comes to us as we rest with God in prayer, as we remember His promises, as we remind ourselves that God is life and that we, His children, are forever alive in Him. The peace that passes understanding fills our heart and mind as we realize that we and those we love are spiritual beings, always one with God, always alive in Christ. Then we do not grieve; we do not feel weighted down by loss. We are comforted in God; our heart is renewed; our spirit is reinforced by God's love and strength, and our faith is expanded to include a larger view of ourselves, our dear ones, the universe, and God.

* *Let not your heart be troubled.—JOHN 14:27.*

THE ALL-KNOWING CHRIST SPIRIT WITHIN ME ANSWERS MY EVERY QUESTION AT JUST THE RIGHT TIME.

FOR EVERY question in my mind the all-knowing Spirit of Christ in me now holds the perfect answer. And infinite wisdom reveals the answer to me at just the right time.

I do not anxiously search for answers. I quietly trust and patiently wait for the inspiration that I seek. My answer will come either as definite guidance or as the reassurance that I can release the question, feeling it will be handled in a right way at a right time.

If the answer to my question comes as definite guidance and I feel led to take specific action or handle things in a certain way, I will have faith and do the things that I am led to do. If I feel led to drop the question, I will know that it is taken care of and my part is simply to release all worry thoughts concerning it.

With these things in mind it is easy for me to rejoice that: "The all-knowing Christ Spirit within me answers my every question at just the right time."

♦ *Lead me in a plain path.—PSALMS 27:11.*

YOU ARE INVITED TO THESE 1960 EVENTS AT UNITY VILLAGE

Training School Terms—4 Weeks

May Term of Training School, May 9 to June 3
August Term of Training School, August 1 to 26
September Term of Training School, September 5 to 30

Retreats—1 Week

Combined Vacation Retreat and Young Adult's Retreat, July 16 to 23

Men of Unity Retreat, October 2 to 7

Fall Retreat, October 8 to 15

Harvest Retreat, October 22 to 29

Christmas Retreat, December 22 to 26

For reservations or further information, write to Director, Unity Training School, Lee's Summit, Missouri.

For Unity Fellowship in Your Own City

If there is a Unity center in your city, you will enjoy attending, and associating with others who are studying and practicing Truth. By your presence you will bless the group and in turn receive a blessing. Consult your telephone directory for the address of the Unity center in your city, or write direct to Unity headquarters for the location of the center nearest you.

**UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI**

A WELCOME GRADUATION GIFT

Next month is graduation month; and if you have a young graduate in your family, a gift that will be most welcome is a subscription for *Progress*, the magazine youth turns to.

One teen-ager says of *Progress*: "I will always be grateful to the friend who sent me my first year's subscription to this magazine. It has been an inspiration to my life, and I don't know how any teen-ager does without it."

Each monthly issue of *Progress* presents articles of practical advice on the problems confronting young people today; and fast-moving stories in which such problems are dramatized, along with their solutions. The June number, for example, includes Louise Horton's article "Hunting a Job?" and a story of achievement, "That Brat Barbara," by Shirley Simon.

In addition to up-to-the-minute articles and stories, each monthly issue of *Progress* presents fine photographs, poems, and special feature departments. These include "Here Is Your Help," which has condensations from the adult Unity periodicals. *Progress* is priced at only \$2 a year. Order from:

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI



FOR MOTHER'S DAY

For an unusual and welcome Mother's Day gift, choose one of these two books, compiled from the writings of Myrtle Fillmore. They bring the friendly advice of one who understood a mother's problems because she had a family of her own, the woman who was known as the "mother of Unity."

How to Let God Help You. This book is a collection chosen from Myrtle Fillmore's writings by Warren E. Meyer. Its chapters concern such helpful topics as "The Purpose of Living," "Life Is a School," "The Law of Supply," "Contentment," and "Parents and Children." Price, \$2.

Myrtle Fillmore's Healing Letters. Throughout her ministry Mrs. Fillmore maintained a tremendous correspondence, for her help was eagerly sought and she gave generously of the understanding she had gained. This book is made up of extracts from her personal letters answering questions about prayer, health, supply, motherhood, and many other subjects. Price, \$2.



UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

A May Day Custom

If you were to walk down a boulevard in France on the first day of May, you would see many people wearing a tiny nosegay of lilies of the valley. Legend says that whoever follows this custom will find good fortune.

This is a charming way of welcoming the month of May, but a much more practical method of ensuring success and happiness in our lives is by strengthening our faith in the goodness of God. Why not welcome May by trying the Prosperity Bank plan, a day-by-day method of building faith? Just use the coupon below.

Unity School of Christianity, Lee's Summit, Mo.

----- (Please PRINT all Names and Addresses) -----

Here is my order for three DAILY WORD gift subscriptions and a Bank in which to save the \$6 cost of these subscriptions (\$2 each subscription).

1. Name

Street

City State

2. Name

Street

City State

3. Name

Street

City State

SENDER'S NAME

Street

City State

Please indicate postal zone number, if cities are so divided. 0-9-60

SOLVE YOUR SPECIAL PROBLEMS



The comment most often made about *Weekly Unity* magazine is, "It seems to be written just for me!" Readers feel that the material presented has immediate practical application to the problems they are facing at the moment in their own personal life.

For example, one friend in Maryland writes of *Weekly Unity*: "For many

years this wonderful little magazine has meant more to me than I can express. It is filled with inspiration that seems to be written especially for me, and I am thankful to be able to welcome it into my home each week."

The reason *Weekly Unity* is so practical and useful is that it features true experiences of men and women in applying Truth in their lives. The magazine also presents messages from Silent Unity, a regular column by Lowell Fillmore, president of Unity School of Christianity, Bible lessons, letters telling of answered prayers, poems, and lovely pen-and-ink drawings.

Weekly Unity brings its timely and personal help each week, and a full year's subscription is priced at only \$2.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

The World in May

JAMES DILLET FREEMAN

The world in May is at mid-morn.
Which of us now is not reborn?
The hills and valleys are our altar;
From budding boughs birds sing the psalter.
In May's flower-fragile pink-and-white,
Even a shower is half-sunlight.
May is God's pleasure with the earth,
God's merriment. May is the mirth
Of God, His joy with living things.
No tree but blooms, no bird but sings
This time of year! It was in May
God made the earth. This was the day
He looked around at field and wood
And man—and saw that it was good!

